

**“MOVING FORWARD”**  
**A CONSENSUS STATEMENT ON**  
**HEALTH, EQUITY, INCLUSION, AND PROGRESS**  
from the fields of sports medicine and science, healthy living,  
education, physical/mental health, recreation, and youth sports.

**ORIGINALLY ADOPTED ON 28 AUGUST 2020**  
On the 57<sup>th</sup> Anniversary of the March on Washington for Jobs  
and Freedom, and “I Have A Dream.”  
Dedicated to the Memory, Life, and Legacy of  
Congressman John Lewis and all such leaders throughout time.

**THE CURRENT CHALLENGES TODAY  
AND THE HOPES FOR TOMORROW**

***“All human beings are born free and equal  
in dignity and rights...”***

**U.N. Universal Declaration of Human Rights**

The United Nations adopted the Declaration of Human Rights in 1948 with significant U.S. support. This was another step in America’s ongoing journey for equity and access to the essentials of society. Our journey now is both more difficult and more urgent.

We are currently facing an existential “triple threat” of:

- 1. the deadliest infectious disease pandemic in a century**
- 2. massive economic and operational repercussions**
- 3. resulting harmful effects on health and well-being, particularly among the underserved, plus community tragedies that have elevated concerns about systemic racism and community public safety.**

All three of these threats not only negatively influence each other but exacerbate and amplify their impacts. As innovative and dedicated professionals, we know there is hope for tomorrow.

Science shows that racism in all its forms, and associated poverty and injustice, results in negative health, psychological, and social outcomes, particularly for people of color, but also extending to all people. Any discrimination based on race is inconsistent with the fairness and equity we expect in all aspects of life – healthcare, workplace, schools, sports, communities, and beyond.

We will harness the transformative and healing power of our collective organizations and our stakeholders to help achieve health equity and create a healthier America and world-physically and psychologically-so that all people are safe, seen, heard, and empowered.

## **MANY SPEAKING WITH ONE VOICE: OUR COLLECTIVE COMMITMENT TO SOLUTIONS AND PROGRESS**

**This consensus statement is the combined voice of the undersigned organizations, with thousands of individual members who each day are striving to make health and life better for all. This voice is distinctive as it represents a broad array of fields and disciplines – including sports medicine and science, healthy living, education, physical and mental health, recreation, and youth sports. Some of the organizations also have developed their own statements, which we applaud and support.**

**The following actions include efforts already underway and those that will be undertaken in the future, either individually by organizations or in collaboration:**

- ▶ **Overall, collectively strive to reduce discrimination, and mitigate its impact on health and well-being**
- ▶ **Understand and collectively strive to mitigate racism in all its forms – internalized, interpersonal, institutional, and structural-recognizing that each has its own causes and solutions**
- ▶ **Collectively advance the science and clinical practice of improving minority health**
- ▶ **Reimagine youth sports so that alignment with each community is more mutually supportive, and that the youth sports experience is more inclusive, even safer, and more enjoyable**
- ▶ **Collectively promote physical literacy and mental health among the entire American population, with a specific emphasis on diverse and underserved communities, families, and individuals**
- ▶ **Enhance the understanding of policymakers, researchers, practitioners, the media, and the public as to the health risks and impact of discrimination and those underserved**
- ▶ **Elect, appoint, and otherwise engage as leaders in our fields an increasing number of individuals who reflect diversity**
- ▶ **Stage minority recruitment membership campaigns**
- ▶ **Maintain hiring practices that seek diversity**
- ▶ **Create grants or scholarship programs or other means that focus on underrepresented populations**
- ▶ **Focus on science and its dissemination by undertaking research efforts to determine the most effective healthcare and well-being approaches with minority and underserved populations**
- ▶ **Encourage minority students to enter fields of study in the focus areas of our organizations**
- ▶ **Partner with Historically Black Colleges and Universities, engaging with departments, instructors, and students**
- ▶ **Promote Commemorative Days/Weeks/Months that underscore diversity and rights.**

**As we commit to do more, we call on all Americans and people around the world to do more as well. We need an enlarged, collective, and enduring commitment to...health...equity...inclusion...and...progress. And we need it now.**

# **"WE CANNOT WALK ALONE."**

**Martin Luther King, Jr.**

**"I Have A Dream"**

**28 August 1963**

**Martin Luther King, Jr. stated to the massive crowd gathered around the Lincoln Memorial that we cannot walk alone, must march ahead, and never turn back. He called for all people to use their individual and especially collective voices to speak out and address the injustices of the United States and the world.**

**Many institutions, including some of the signatories below, have also created and published powerful individual statements on the need to address disparities in health, economy, and society overall. The organizations listed below, and those that may be added over time, determined there could be additional merit in providing a collective voice focused on the future and the dream that lives on.**

## **INITIAL SIGNATORY ORGANIZATIONS AS OF 28 AUGUST 2020**

***Academy of Sports Dentistry***

***American Academy of Podiatric Sports Medicine***

***American Chiropractic Association on Sports Injuries and  
Physical Fitness***

***Collegiate & Professional Sports Dietitians Association***

***Collegiate Strength and Conditioning Coaches Association***

***Hip Hop Public Health***

***International Society for Sports Psychiatry***

***National Strength and Conditioning Association***

***North American Society for Pediatric Exercise Medicine***

***Performing Arts Medicine Association***

***Sports Neuropsychology Society***

***United States Center for Coaching Excellence***